

Claims:

1. A food ingredient that is whole meal of a seed of wheat or barley, wherein the content of free glutamine is 200 to 1200 mg/100g, the content of valine is 40 to 150 mg/100g, the content of isoleucine is 30 to 120 mg/100g, the content of leucine is 40 to 150 mg/100g and the content of arginine is 60 to 150 mg/100g.

2. A method of the production of the food ingredient according to claim 1 which comprises allowing a seed of wheat or barley selected from a group of wheat, malting barley and naked barley to be impregnated in water at 20 to 30°C for 24 to 72 hours.

3. A food ingredient that is a mixture of bran and shorts obtained by grinding a seed of wheat or barley during maturation period from immediately after the heading until the maturation, wherein the content of free glutamine is 150 to 405 mg/100g, the content of valine is 190 to 325 mg/100g, the content of isoleucine is 125 to 145 mg/100g, the content of leucine is 350 to 520 mg/100g and the content of arginine is 155 to 260 mg/100g.

4. A food ingredient that is a 60% flour obtained by grinding a seed of wheat or barley during maturation period from immediately after the heading until the maturation, wherein the content of free glutamine is 70 to 155 mg/100g, the content of valine is 65 to 125 mg/100g, the content of

isoleucine is 30 to 60 mg/100g, the content of leucine is 120 to 175 mg/100g and the content of arginine is 105 to 305 mg/100g.

5. A food ingredient that is a mixture of bran and shorts obtained by grinding a seed of wheat or barley selected from a group of wheat, malting barley and naked barley, wherein the content of free glutamine is 20 to 430 mg/100g, the content of valine is 20 to 435 mg/100g, the content of isoleucine is 15 to 130 mg/100g, the content of leucine is 35 to 435 mg/100g and the content of arginine is 25 to 300 mg/100g.

6. A method of the production of the food ingredient according to any one of claims 3 to 5 which comprises allowing a ground product of a seed of wheat or barley selected from a group of wheat, malting barley and naked barley to be immersed in water under a condition of a pH of 3.0 to 5.5 and at 40 to 60°C for 1 to 6 hours.

7. The method of the production of the food ingredient according to claim 6 wherein the ground product of the seed of wheat or barley is at least one selected from a group of whole meal, bran, shorts, red dog, and 60% flour.